



HELP HAWAI'I YOUTH

ESCAPE THE VAPE

Vaping products (also known as electronic cigarettes, e-cigarettes, or vapes) have continued to grow in popularity among school-aged youth nationwide. They are now the most common tobacco product used by adolescents.¹ The U.S. Surgeon General reports that e-cigarette use among youth is a public health concern and has called for "aggressive steps to protect our children from these highly potent products that risk exposing a new generation of young people to nicotine."²

Hawai'i youth have not been immune to this dangerous trend and are using e-cigarettes or vapes at an alarming rate.³

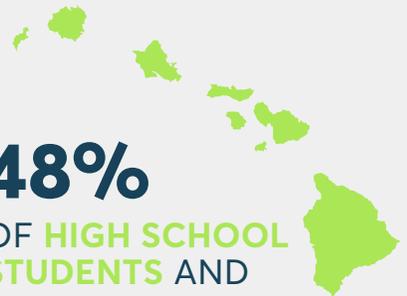
VAPING IS CREATING A NEW GENERATION OF YOUTH ADDICTED TO NICOTINE.



Sharing is not caring -

the action of youth bringing their hand to their mouth repeatedly or sharing vapes can transfer the virus to their body, increasing their chances of getting COVID-19.

E-cigarette users, as young as 13, are much likelier to be diagnosed with COVID-19 and to experience symptoms.⁴



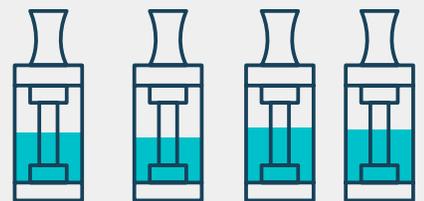
48%

OF HIGH SCHOOL STUDENTS AND

31%

OF MIDDLE SCHOOL STUDENTS HAVE TRIED USING E-CIGARETTES ⁵

PERCENTAGE OF HIGH SCHOOL STUDENTS WHO EVER TRIED VAPING IN 3 OF 4 COUNTIES EXCEEDS THE STATE AVERAGE OF 48%. ⁶



Kaua'i
52%

Honolulu
45%

Maui
58%

Hawai'i
57%

1 2019 National Youth Tobacco Survey

2 Office of the Surgeon General, "Surgeon General's Advisory on E-Cigarette Use Among Youth," December 18, 2018

3 Raven, K. "Nicotine Addiction from Vaping is a Bigger Problem than Teens Realize" Yale Medicine, March 19, 2019

4 Gaiha, SM., Cheng, J., and Halpern-Felsher, B., Association Between Youth Smoking, Electronic Cigarette Use and Coronavirus Disease 2019, Journal of Adolescent Health

5 2019 National Youth Risk Behavior Survey

6 2019 Hawaii Youth Risk Behavior Survey

WHAT ARE VAPES?

Vapes are battery-powered smoking devices that operate by heating a liquid solution to produce an inhalable aerosol, often mistaken as water vapor. This is why e-cigarette use is often referred to as, "vaping." Vapes go by many names and come in a variety of shapes and sizes that sometimes are specifically marketed to youth.



EMERGING PRODUCTS



Tobacco, E-cigarette, and nicotine companies continue to innovate their products. Vapes go by various names and come in a variety of shapes and sizes, some specifically marketed to youth. Nicotine pouches and lozenges are new and emerging oral smokeless products containing nicotine, but no tobacco leaf material. Most nicotine pouches and lozenges are highly flavored to mask the product's harshness and are virtually undetectable when used, leading to experimentation and addiction by youth.⁷

THE E-CIGARETTE INDUSTRY WANTS PEOPLE TO BELIEVE THAT VAPE CLOUDS ARE "HARMLESS." IN REALITY, THE "CLOUD" OR INHALABLE AEROSOL IS A MIXTURE OF LIQUID PARTICLES IN A GAS THAT CAN CONTAIN MANY HARMFUL CHEMICALS.

Research shows that **MORE THAN 60 CHEMICALS ARE INHALED** in a single vape hit.

FORMALDEHYDE

NICKEL

HEAVY METALS

LEAD

ARSENIC

BENZENE



28% OF HIGH SCHOOL YOUTH SAID THE AVAILABILITY OF FLAVORS IS A REASON THEY USE E-CIGARETTES.⁸



STRAWBERRY LILIKOI LYCHEE MINT COTTON CANDY MANGO

Vape flavors are made using chemicals such as **Cinnamaldehyde** and **Vanillin** which don't sound that scary but are toxic to human cells.

⁷ Stephen Stanfill, MS, Hang Tran, MS, Robert Tyx, PhD, Carolina Fernandez, MS, Wanzhe Zhu, PhD, Kristy Marynak, PhD, Brian King, PhD, Liza Valentin-Blasini, PhD, Benjamin C Blount, PhD, Clifford Watson, PhD, Characterization of Total and Unprotonated (Free) Nicotine Content of Nicotine Pouch Products, Nicotine & Tobacco Research, 2021; ntab030, <https://doi.org/10.1093/ntr/ntab030>

⁸ 2019 Hawaii Youth Tobacco Survey

TOBACCO PRODUCT USE IN ANY FORM, INCLUDING VAPES, IS

UNSAFE FOR YOUTH

Nicotine is highly addictive & can harm brain development. Among its effects on the body, nicotine interferes with normal brain and lung development.

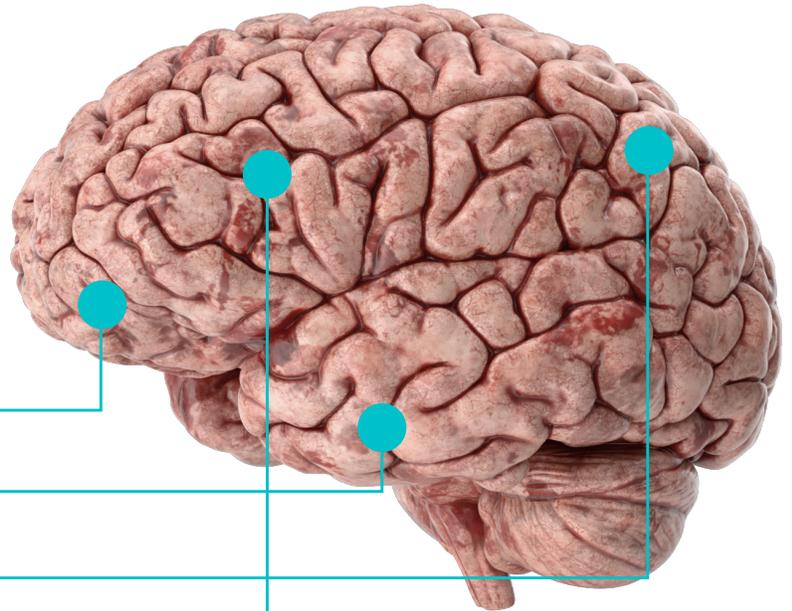
USING NICOTINE IN ADOLESCENCE CAN HARM THE PARTS OF THE BRAIN THAT CONTROL:

MOOD

IMPULSE CONTROL

LEARNING

ATTENTION



VAPES ARE NOW THE MOST POPULAR TOBACCO PRODUCT AMONG YOUTH

HAWAI'I YOUTH VAPE

6X AS MUCH

AS THEY SMOKE CIGARETTES.⁵

31%

of high school students

5.3%

of high school students



* graphic is not to scale

When youth vape, they may be exposed to the highly addictive chemical nicotine, and most recently nicotine salts. Nicotine salts allow users to inhale higher levels of nicotine more easily and with less irritation.⁹

Addiction to nicotine can make it very difficult to stop vaping and using other tobacco products, even if a teen wants to quit. Youth who vape, or are exposed to the vapor, have higher rates of asthma and ear, nose, and throat infections when compared to youth who are not exposed to the vapor.

EDUCATORS HELP YOUR STUDENTS ESCAPE THE VAPE

Talk to Your Students About Vaping

With the tremendous increase in youth vaping, and the intense marketing on local radio and online, it may seem that vaping is not dangerous, but these products can cause serious health effects.



WHAT DO YOU KNOW ABOUT VAPING?

DO YOU HAVE FRIENDS THAT VAPE?

HAVE YOU SEEN ADVERTISEMENTS FOR VAPING PRODUCTS?

PEOPLE HAVE DIFFERENT REASONS FOR VAPING, DO YOU KNOW WHY SOME OF YOUR FRIENDS CHOOSE TO VAPE?



Recognize that your students may already have seen a friend vape or already vaped themselves and have formed opinions about vaping.



Be positive, ask open-ended questions rather than repeat negative statements.



Share YOUR concerns with your students, they will appreciate your care, even when speaking about products with potential harm.

Educator Tip:

Do not accuse your students of vaping

Consequences

KNOW THE LAWS

Since 2016, Hawai'i State law has prohibited the sale or furnishing of tobacco products including ESDs and e-liquids to anyone under 21 years of age. It is also illegal for anyone under 21 to possess or use tobacco products or e-cigarettes. There is a \$500.00 fine for anyone who furnishes tobacco or e-cigarette products to anyone under the age of 21 (§712.1258 and §321.212 Hawai'i Revised Statutes).

VAPING COULD MEAN TROUBLE AT SCHOOL

Hawai'i schools treat vaping devices as tobacco products, and they are considered contraband. Youth may be suspended or expelled for having them at school.

For Additional Resources & References, Visit: **HAWAIINOVAPE.COM**

For more information about the harms of vaping and resources to quit, youth can check out ESCAPETHEVAPEHI.COM, a website developed just for teens with input from Hawai'i youth.

HERE ARE THREE E-CIGARETTE RESOURCES WHICH INCLUDE TOOLS FOR CLASSROOM USE. THEY WERE DESIGNED USING THE NATIONAL HEALTH EDUCATION STANDARDS.

Catch Prevention Program:
CATCH My Breath

<https://catchinfo.org/modules/e-cigarettes/>

Stanford Tobacco Prevention Toolkit

med.stanford.edu/tobaccopreventiontoolkit

Scholastic Prevention Program:
The Real Cost of Vaping

scholastic.com/youthvapingrisky

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For More Information, Contact:

Hawai'i State Department of Health Chronic Disease Prevention Health Promotion Division
Tobacco Prevention and Control Section
1250 Punchbowl Street, Honolulu, Hawai'i 96813

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